

# THE 50+ Connection

NEWS and EVENTS from the  
Howard County Office on Aging and Independence

A Publication from the Howard County Office on Aging and Independence

Volume 9, No. 3 • March 2019

## Discover the Benefits of Healthy Eating

### Nutrition Specialists Make Meal Planning Fun and Educational at Howard County 50+ Centers

National Nutrition Month in March provides an opportunity to highlight the national and statewide network of nutrition sites authorized under the Older Americans Act (OAA) which serve individuals age 60 and older, and, in some cases, their caregivers, spouses, and/or persons with disabilities. OAA nutrition services are designed to promote the general health and well-being of older adults, reduce hunger and food insecurity, promote socialization, and delay the onset of adverse health conditions.

“The Maryland Department of Aging’s vision is for every Marylander to “Live Well, Age Well,” says Judy Simon, MDoA’s Nutrition & Health Promotion Programs Manager. “Howard County’s Office on Aging and Independence exemplifies this by offering vibrant meals, social opportunities and health education through its 50+ centers.”

Most Howard County 50+ centers provide a daily hot meal which meets one third of the daily nutrient needs of a healthy older adult. Meals are prepared and delivered by an outside caterer and served by nutrition specialists in each center, who also plan and present nutrition education programs, food tastings and special events for members. Marcus Hockaday has been the nutrition specialist at the Elkridge 50+ Center for the past two years. “I am always coming up with new ideas for my population,” he says. “They might not be accustomed to certain foods or nutrition facts, so I try to make my programs hands-on so I can engage with them more. I love seeing them smile – they have become like family.”

Fatima Galloway, nutrition specialist at the Bain 50+ Center for the past ten years, agrees. “Food brings people together; our members are most happy when they are eating and socializing.” The fact that Bain serves anywhere from 40 to 140 members for lunch each day can be challenging, so three days a week Fatima is joined by Kari Weidner, who serves as the nutrition specialist at the Longwood 50+ Center on the other two days.

“On Mondays and Thursdays we always have a large turnout from the Korean American Senior Association (KASA),” says Kari, “It takes all hands on deck!”

Bain also offers an authentic Korean meal twice a month, which is very popular. Coordinating meals at Longwood has its own challenges, since many of its predominantly Chinese and Korean clientele don’t speak English. “But I try to get to know the members and what they like to eat. I love to cook, so my favorite part is the nutrition tastings I plan once a month which draw a different crowd,” Kari says.

Food tastings are a popular aspect of the nutrition program at the East Columbia 50+ Center as well, according to Director Meridy McCague. “Our cooking demos by the Roving Radish and others are always popular,” she says. “And while we won’t have the capacity to offer a daily hot meal until our new center is built, we have boxed lunches available from 8:30 a.m. to 8:30 p.m. four nights a week.” East Columbia staff will be working with Transition Howard County and Master Gardeners to create a native, edible garden outside the center, which will be both educational and fun.

Howard County 50+ Centers also offer seasonal programs in partnership with the Maryland Extension Service, including a new venture — Fresh Conversations — which debuts this spring.

A licensed dietary nutritionist, Carmen Roberts, MS, RD, LDN, also visits centers once a month to provide individual nutrition counseling by appointment. Call the center nearest you or contact Maryland Access Point at 410-313-1234 (voice/relay) for more information and availability.

Pictured below, from left, Fatima Galloway and Kari Weidner, at the Bain 50+ Center. Marcus Hockaday, Nutrition Specialist, is pictured in his Elkridge 50+ kitchen, below right.



# Grief and the Older Adult

**Grief and the Older Adult** is a new seminar offered by the Health and Wellness Division of the Howard County Office on Aging and Independence in partnership with the Howard County Local Health Improvement Coalition (LHIC).

**March 8 • 2:30 to 4:00pm**  
**NORTH LAUREL 50+ CENTER**  
9411 Whiskey Bottom Road, Laurel 20723

Join us to gain a general overview of grief; the history of grief research and theory; modern grief research and theory; important grief concepts; and learn the basic tools to support older adults who are grieving. Cost is \$15 per person; CEU's are provided for Maryland social workers and counselors (LCPC). The registration deadline is Monday, March 4, and is required for all attendees.

**PRESENTED BY: Litsa Williams and Eleanor Haley, FOUNDERS**  
*What's Your Grief, Baltimore*

For more information, contact Karen Hull at 410-313-7466 (voice/relay) or [khull@howardcountymd.gov](mailto:khull@howardcountymd.gov).

**REGISTER: [www.hocogriefseminar.eventbrite.com](http://www.hocogriefseminar.eventbrite.com)**

 Howard County Office on  
**Aging and Independence**  
Department of Community Resources and Services

**Howard County LHIC**  
Local Health Improvement Coalition

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Department of Community Resources and Services

The 50+ Connection is published monthly by the Howard County Office on Aging and Independence.

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CORDIALLY INVITE YOU TO THE

*Women's Hall of Fame*  
**23<sup>RD</sup> ANNUAL INDUCTION CEREMONY**

**Thursday, March 28, 2019**  
**7:00 PM**

George Howard Building  
THE BANNEKER ROOM  
3430 Courthouse Drive, Ellicott City 21043

JOIN US AS WE HONOR THIS YEAR'S INDUCTEES

**Buffy Beaudoin-Schwartz**

**Georgia L. Eacker**

**Cathy Malkmus Hudson**

 Howard County  
**Commission for Women**

Department of Community Resources and Services

PHONE 410-313-6400 (voice/relay)

EMAIL [women@howardcountymd.gov](mailto:women@howardcountymd.gov)

WEBSITE [howardcountymd.gov/cfw](http://howardcountymd.gov/cfw)

If you need this information in an alternate format, or need accommodation to participate, call 410-313-6400 one week in advance.

## MEDICARE EDUCATION

### Medicare 101 and 102

A two-part introduction for those new to Medicare. Learn about original Medicare (Parts A and B), Prescription Drug Coverage (Part D), Medicare Health Plans (Part C), and Medicare Supplemental Policies

**Thursday, March 7 and 14 • 10:00 – 11:30 AM**

Elkridge 50+ Center 6540 Washington Boulevard, Elkridge 21075

**Tuesday, April 9 and 16 • 7:00 – 8:30 PM**

Howard County Department of Community Resources and Services  
9830 Patuxent Woods Drive, Columbia 21046

PRE-REGISTRATION IS REQUIRED

**410-313-7389**

For additional assistance with Medicare questions and concerns, call SHIP at 410-313-7392 (voice/relay).

FOR OTHER UPCOMING PRESENTATIONS, VISIT  
**[www.howardcountymd.gov/SHIP](http://www.howardcountymd.gov/SHIP)**

FREE Information Presented by the State Health Insurance Program (SHIP) of the Howard County Office on Aging and Independence



# Reduce Your Malnutrition Risk

By Malarie Burgess, Exercise Specialist  
Howard County Office on Aging and Independence

For older adults with chronic conditions, eating a nutrient-rich diet is more than just a good idea. According to the National Council on Aging (NCOA), proper nutrition is an essential part of successfully managing health problems like diabetes, heart disease, high blood pressure, osteoporosis, and more.

Why does what you eat matter? Left unchecked, malnutrition can lead to muscle loss and dizziness, which in turn may increase your risk of falling and make it harder to recover from surgery or illness. Stepping Up Your Nutrition (SUYN) is a two-and-a-half-hour workshop designed for adults age 50+ who have one or more chronic conditions and want to improve their nutrition, regain strength and reduce their risk of falling.

SUYN participants learn **why** muscle matters, **how** nutrition affects fall risk, and **which** nutrients are key for older adults. Attendees will create an individual action plan to improve nutritional health that can reduce their risk of malnutrition. The small group setting encourages active discussion about making better decisions and making positive changes in behavior.

**The Stepping Up Your Nutrition workshop made me aware of eating habits I have that are positive and those that are negative. Being aware is always the first step to improvement!**

— Sylvia (SUYN Program Participant)

Why not give it a try? To register for an upcoming Stepping Up Your Nutrition workshop, see below.

## DID YOU KNOW?

TWO OR MORE CHRONIC CONDITIONS PUTS YOU AT RISK FOR MALNUTRITION!

### DISCOVER

- **WHY** muscle matters
- **HOW** nutrition affects falls
- **HOW** to get enough protein & fluids
- **WHAT** you can do to eat better and improve your health



## STEPPING UP YOUR NUTRITION

Thursday, March 7 • 10:00 am to 12:30 pm

The Village in Howard

6061 Stevens Forest Road, Columbia 21045

Friday, March 29 • 1:00 to 3:30 pm

Lutheran Village at Miller's Grant

9000 Father's Legacy, Ellicott City 21042

Saturday, April 6 • 12:30 to 3:00 pm

St. John Baptist Church

9055 Tamar Drive, Columbia 21045

\$5/person includes workshop  
and educational materials

TO REGISTER OR FOR MORE INFORMATION

**MALARIE BURGESS**

mburgess@howardcountymd.gov • 410-313-6073 (VOICE/RELAY)



Lou Schott, left, with Joe Cacioppo and Lisa Terry (photo by Scott Kramer)

## WWII Veteran Receives Long Overdue Honor

The Howard County Office of Veterans and Military Families (OVMF) recently held a surprise ceremony at Harmony Hall in Columbia to honor 92-year-old Joseph J. Cacioppo with a long overdue World War II Victory Medal.

Cacioppo, or “Mr. Joe,” as he is known to his friends, is a retired Marine who fought in the battle of Iwo Jima in 1945 at the age of 17. He earned the Victory medal, but never actually received it. “That really bothered me,” he said, so he reached out to Lisa Terry, OVMF manager, for help. Terry not only found a Victory Medal for him, she also planned a surprise ceremony with local veterans and arranged for Marine Corps Col. Lou Schott, a 98-year-old Columbia resident who also served during World War II, to present the honor. When asked if he ever imagined that he would receive the honor 72 years later, Mr. Joe admitted, “No – in fact, I wasn’t sure I would even make it off the island! The real heroes are the ones who didn’t.”

## Consumer Protection Week March 3-9, 2019

Here when you need us.

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# Elkridge 50+ Center Celebrates Its First Anniversary

By Jeannie DeCray, Director, Elkridge 50+ Center

On March 5, 2018, Howard County officials joined center staff and community members for a ribbon-cutting ceremony to officially open the new Elkridge 50+ Center. The expanded and revamped center, at 10,000 square foot, is five times the size of the original center which opened in 1993.

Longtime and new members alike now enjoy the spacious Elkridge 50+ Center with its comfortable lounge and fireplace, two classrooms, a large multi-purpose room, plus a fitness equipment room with cardio equipment, strength training machines and free weights. The fitness room is available for use by center members who opt to join the GO50+ program, at a cost of \$75 per year for county residents and \$100 per year for non-residents. The building offers free WiFi throughout and laptops for members to use within the building. All spaces are equipped with projectors and a hearing assistance system.

The expanded facility demonstrates Howard County's continuing support for the health, wellness and vitality for individuals 50 and older in the Elkridge community. Members can now participate in an ever-widening array of exercise classes and fitness programs, attend lectures and discussion groups, explore arts and life-long learning opportunities, and enjoy games and social activities. More seating – including an outdoor space – means that our lunch program can serve healthy, nutritious meals to greater numbers of members while they enjoy the company of others. **And, expanded evening and Saturday hours offer working members access to programming that fits their schedules.** There is truly something for everyone in this beautifully expanded 50+ Center.

**Join Us Tuesday, March 5, 1:00 to 3:00 p.m.  
to Celebrate the FIRST ANNIVERSARY of  
the New Elkridge 50+ Center!**

The program will feature a presentation on the history of Elkridge, and highlight the expanded opportunities afforded by the increased building space. Refreshments and promotional giveaways will be available, and tours of the building which explain current center operations will be offered. For more information, call 410-313-5192. To request a sign language interpreter or other accommodations to attend, call one week in advance.

## EXPANDED hours to Serve You BETTER!

### Elkridge 50+ Center

Monday | Wednesday | Friday ..... 8:30 am to 4:30 pm  
Tuesday | Thursday ..... 8:30 am to 8:00 pm  
Saturday ..... 8:30 am to 12 noon

### Ellicott City 50+ Fitness Center

Monday through Thursday ..... 8:30 am to 8:00 pm  
Friday ..... 8:30 am to 4:00 pm  
Saturday ..... 8:30 am to 12 noon



Gary Pedicore, a long-term Elkridge resident and member of the 50+ center, is flanked by Jeanne Slater, Assistant Director, and Jeannie DeCray, Center Director. Pedicore is a local artist and the center's volunteer art teacher.

## March Featured Events

### International Women's Day 2019

Bain 50+ Center  
5470 Ruth Keeton Way, Columbia 21044

**Friday, March 8 • 10:30 am to 12 noon**

International Women's Day celebrates the social, economic, cultural and political achievements of women. Join us for the 1933 Movie "Female" directed by the renowned Michael Curtiz, who later directed "Casablanca." Afterward, there will be a guided discussion led by Barbara Zalesky, Howard Community College Women's Classical Movies instructor. Wear purple in honor of women! Light refreshments served; free admission and giveaways. RSVP by March 4 to 410-313-7213.

### Irishman's Chorale: Amhránai Na Gaeilge

Ellicott City 50+ Center  
9401 Frederick Road, Ellicott City 21042

**Friday, March 15 • Noon**

Celebrate St. Paddy's Day a couple of days early with a bona fide Irish performance! Founded in 1985 by Larry Feely, the group is one of the largest all male Irish choruses in the United States and is dedicated to the preservation of Irish culture and history through music. Seating is limited; please reserve tickets and lunch in advance at the Ellicott City 50+ Center front desk. Lunch will be served at noon; music begins at 12:30. Cost is \$10/person. For additional information, call 410-313-1400.



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